

List of All Chemicals

P *Serenoa repens* (Arecaceae)

Common name(s)

Scrub-Palmetto; Saw Palmetto

How used

Medicinal

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Chemical	Plant Part	Low PPM	High PPM	StdDev	*Reference
1-MONOLaurin	Fruit	--	--		*
Activities (6)					
Antiademonic ED50=23 ug/ml					
Anticancer (Kidney) ED50=4 ug/ml					
Anticancer (Pancreas) ED50=2 ug/ml					
Anticancer (Prostate) ED50=23 ug/ml					
Artemicide LC50=79 ug/ml					
Pesticide					
1-MONOMYRISTIN	Fruit	--	--		*
Activities (6)					
Antiademonic ED50=9 ug/ml					
Anticancer (Kidney) ED50=4 ug/ml					
Anticancer (Pancreas) ED50=2 ug/ml					
Anticancer (Prostate) ED50=9 ug/ml					
Artemicide LC50=53 ug/ml					
Pesticide					
1-OCTACOSANOL	Fruit	58.0	187.0		*
24-METHYLENE-CYCLOARTENOL	Fruit	--	--		*
3,7,11,15,19,23,27,31-OCTAMETHYL-DOTRIACONTA-2-CIS-6-CIS-10-CIS-14-CIS-18-TRANS-22-TRANS-26-TRANS-OCTAEN-1-OL	Fruit	--	270.0		*
3,7,11,15,19,23,31,35-NONAMETHYL-HEXATRIACONTA-2-CIS-6-CIS-10-CIS-14-CIS-18-CIS-22-TRANS-26-TRANS-30-TRANS-3,4-TRANS-NON	Fruit	--	19.0		*
ACETOSYRINGONE	Wood	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
ACETOVANILLONE	Wood	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
ANTHRANILIC-ACID	Fruit	--	--		*
Activities (6)					
Antiarthritic					
Antifeedant	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.				
Antiinflammatory					
Insulinase-Inhibitor	Economic & Medicinal Plant Research, 6: 157.				
Insulinotonic	Economic & Medicinal Plant Research, 6: 157.				
Pesticide					
APIGENIN	Fruit	--	--		By assumption; if a glycoside is reported, it is automatically assumed that the aglycone is present also in the plant, though sometimes in traces only.

11B-HSD-Inhibitor

AntiADD

AntiHIV IC72=200 ug/ml

AntiHIV IC50=143 ug/ml

Antiaflatoxin IC50=9.52 uM

Antiaflatoxin IC50=2.57 ppm

Antiaggregant

Antiaging

Antiallergic Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antiangiogenic 4 uM

Antiarrhythmic

Antibacterial

Recio, M. C., Rios, J. L., and Villar, A., A review of some antimicrobial compounds isolated from medicinal plants reported in the literature 1978-1988, Phytotherapy Research, 3(4), 1989, 117-125.

Anticancer (Lung)

Anticomplementary

Antidermatitic

Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.

Antiestrogenic

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antiherpetic 20-54 ug/ml

Antihistaminic IC50=10-35 uM

Antiinflammatory #NAME?

Antiinflammatory
IC~65=1,000 uM

Antileukemic 20-50 uM

Antimelanomic 1-50 uM

Antimetastatic 1-50 uM

Antimutagenic ID50=10-40 nM Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention. Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507 ACS, Washington 402 pp.

Antimutagenic ID50=0.55 ug/ml

Antioxidant 1.5 x Vit. E

Antioxidant IC28.5=62.5 ug/ml

Antiperistaltic

Antiproliferant 1-50 uM

Antiproliferant IC50=155 uM

Antispasmodic EC50=1-5 uM

Antistress 10 mg/kg

Antithyroid Jim Duke's personal files.

Antitumor 1-50 uM

Antitumor (Breast) 1-50 uM

Antitumor (Lung)

Antitumor (Skin)

Antiviral 20-54 ug/ml

Anxiolytic 10 mg/kg

Apoptotic 12-60 uM

Aromatase-Inhibitor
IC65=1 uM/l Journal of Medicinal Food 2: 235.1999.

Beta-Glucuronidase-Inhibitor IC50=~40 uM

CNS-Depressant

COX-1-Inhibitor
IC65=1,000 uM

COX-2-Inhibitor
IC>65=1,000 uM

COX-2-Inhibitor <40 uM

COX-2-Inhibitor IC50=<15 uM

Calcium-Antagonist? Biochimica & Biophysica Acta, 1115: 69, 1991.

Cancer-Preventive Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

Choleretic

Cyclooxygenase-Inhibitor

Cytochrome-P450-1A1-Inhibitor

Cytotoxic IC88=10 ug/ml Planta Medica, 57: A113, 1991.

Cytotoxic 1-50 uM

Cytotoxic IC50=9.5 uM

DNA-Protective

Deiodinase-Inhibitor Jim Duke's personal files.

Differentiator MIC=30 uM

Diuretic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Estrogenic EC50=0.1-25 uM/l	Journal of Medicinal Food 2: 227.1999.
Estrogenic 16% genistein	
Estrogenic EC50=1 uM	
HIF-1alpha-Inhibitor	
Hyaluronidase-Inhibitor	
IC50+=50-250 uM	
Hypotensive	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
ICAM-1-Inhibitor	
IKK-Inhibitor	
Inotropic	
Interleukin-6-Inhibitor	
MAO-Inhibitor	
MAPK-Inhibitor	
Musculotropic	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Mutagenic	
Myorelaxant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
NADH-Oxidase-Inhibitor	
NF-kB-Inhibitor	
NO-Synthase-Inhibitor 5-50 uM	
Nodulation-Signal	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Ornithine-Decarboxylase-Inhibitor	
P21-Inducer 10-70 uM	
PKC-Inhibitor IC50=10 uM	
PTK-Inhibitor 10-100 uM	
Pesticide	
Polyamine-Synthesis-Inhibitor	
Progesterational	
Protein-Kinase-C-Inhibitor	
IC50=10-40 uM	
Quinone-Reductase-Inducer 20 uM	Uda, Y., Price, K. R., Williamson, G., Rhodes, M. J. C. 1997. Induction of the Anticarcinogenic Marker Enzyme, Quinone Reductase, in Murine Hepatoma Cells In Vitro by Flavonoids. <i>Cancer Lett.</i> , 120 (2): 213-216.
Radioprotective	
Sedative 30-100 mg/kg	
Sunscreen	
TNF-alpha-Inhibitor	
IC50=3.27 uM	
Topoisomerase-I-Inhibitor	Santti, R., Makela, S., Strauss, L., Korman, J., Kostian, M. L. 1998. Phytoestrogens: Potential Endocrine Disruptors in Males. <i>Toxicol Ind Health</i> , 14: 223-237.
Topoisomerase-II-Inhibitor	Azuma, Y., Onishi, Y., Sato, Y., Kizaki, H. 1995. Effects of Protein Tyrosine Kinase Inhibitors With Different Modes of Action on Topoisomerase Activity and Death of IL-2-Dependent CTLL-2-Cells. <i>J Biochemistry</i> , 118: 312-318.
Topoisomerase-II-Inhibitor	
IC28=18 uM	
Topoisomerase-II-Inhibitor	
IC45=180 uM	
Uterotrophic EC50=0.1-25 uM/l	Journal of Medicinal Food 2: 227.1999.
VEGF-Inhibitor IC50=2-7 uM	
Vasodilator	
Xanthine-Oxidase-Inhibitor	
0.36 uM	
iNOS-Inhibitor IC50=<15 uM	

APIGENIN-7-O-RHAMNOGLUCOSIDE	Fruit	--	--	*
ARABINOSE	Fruit	--	--	Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
ASCORBIC-ACID	Fruit	11.0	88.0	-0.28
				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Activities (112)

Acidulant FEMA 6,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Aldose-Reductase-Inhibitor	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Analgesic 5-10 g/day	
Angiotensin-Receptor-Blocker	

AntiCFS 500-1,000 mg	
AntiCTS 1,000 mg 3x/day	
AntiCrohn's 50-100 mg/day/orl/man	Martindale's 29th
AntiLyme 500-2,000 mg	
AntiRaynaud's 500 mg 1-2x/day	
Antiaggregant	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiaging 400 mg/day	
Antiallergic	
Antialzheimeran 2,000-6,000 mg/day	
Antiarthritic 0.2-1 g/day	
Antiasthmatic 1,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiatherosclerotic	
Antibacterial	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticataract 350 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticataract 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Anticataract 1 g 3x/day	
Anticervicaldysplastic 1,000-2,000 mg/day	
Anticlimacteric 500-5,000 mg/day	
Anticold 1-2 g/man/day	
Antidecubitic 500 mg/man/2x/day	Martindale's 28th
Antidementia	
Antidepressant 2,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidiabetic	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidote (Aluminum)	Economic & Medicinal Plant Research, 6: 189.
Antidote (Cadmium)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Paraquat)	Martindale's 28th
Antieczemic 3.5-5 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiedemic 1 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiencephalitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiedometriotic 2,000 mg/day	
Antifatigue 500-1,000 mg	
Antifibrotic 1,000-2,000 mg	
Antigallstone 1,000-3,000 mg/day	
Antigastritic	
Antigingivitic	
Antiglaucomic 2 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antihangover 1,000 mg	
Antihemorrhagic 1 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihepatitic 2-6 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihepatotoxic	Economic & Medicinal Plant Research, 6: 189.
Antiherpetic 1-5 g/day	
Antihistaminic 2 g/day orl man	
Antihypertensive	
Antiinfertility 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinflammatory	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antilepric 1.5 g/man/day	Martindale's 28th
Antilithic 1,000-3,000 mg/day	
Antimaculitic	
Antimeasles	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenopausal 500-5,000 mg/day	
Antimigraine	Martindale's 29th
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antineuramidase	
Antinitrosic 1 g/man/day	Martindale's 28th
Antiobesity 1 g 3x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiorchitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiosteoarthritis 1 g 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoporotic 500 mg/day	
Antioxidant 100 ppm	

Antiparotitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiperiodontic 1 g 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antipseudomonic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antipodriac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antipoliomyelic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antipyretic	Economic & Medicinal Plant Research, 6: 189.
Antiradicular	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiretinotic	
Antirheumatic	
Antirhinitic 1,000 mg 3x/day	
Antiscorbutic 10 mg/man/day	Martindale's 28th
Antiseptic MIC=3.3-217 mg/ml	Martindale's 28th
Antiseptic 4-8 g/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antishingles	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antispasmodic 500-5,000 mg/day	
Antistress 500-1,000 mg	
Antisyndrome-X 1-4 g/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor (Gastric)	
Antitumor (Lung)	
Antiulcer	
Antiviral 1-5 g/day	
Apoptotic 1-10 mM	
Asthma-preventive 1,000 mg/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Beta-Adrenergic Receptor Blocker	
Beta-Glucuronidase-Inhibitor 1.5 g/day/man	
Calcium-Antagonist	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Cold-preventive 1-2 g/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Collagenic	
Detoxicant	
Diuretic 700 mg/man/orl	
Fistula-Preventive	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Hypocholesterolemic 300-1,000 mg/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Hypoglycemic	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypotensive 1,000 mg/man/day	
Immunomodulator	
Immunostimulant	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Interferonogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Lithogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Mucolytic 1 g/woman/day	Martindale's 28th
Pesticide	
Uricosuric 4 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Urinary-Acidulant	Martindale's 29th
Vasodilator	
Vulnerary	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

ASH	Fruit	3770.0	29000.0	-0.72	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
BETA-CAROTENE	Fruit	3.0	24.0	-0.1	*

Activities (53)

Allergenic	
Androgenic?	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
AntiPMS	
Antiacne	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiaging	
Antiarthritic	
Antiasthmatic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Anticancer	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.

Anticervicaldysplastic	
Anticorony 50 mg/man/2 days	
Antihyperkeratotic	
Antiichthyotic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antileukoplakic	
Antilipoperoxidant IC71=50 ug/ml	
Antilupus 150 mg/man/day/2 mos	Martindale's 28th
Antimaculitic	
Antimastitic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antioxidant	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiozenic	
Antipapillomic	
Antiphoto phobic 30-300 mg/man/day	Martindale's 29th
Antipyti riasic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiporphyric 30-300 mg/man/day	Martindale's 28th
Antiproliferant	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antipsoriac	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiradicular	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antirheumatic	
Antistress	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antitumor	Simon, P.W. Carrots and Other Horticultural Crops as a Source of Provitamin A Carotenes. HortScience, 25(12): 1495, 1990.
Antitumor (Breast) IC45=60 ug/ml	
Antitumor (CNS) IC43=45 ug/ml	
Antitumor (Colon) IC43=45 ug/ml	
Antitumor (Lung) IC30=60 ug/ml	
Antitumor (Prostate)	
Antitumor (Stomach) IC26=45 ug/ml	
Antiulcer 12 mg 3x/day/man/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiulcer 15,000-25,000 IU/day	
Antixerophthalmic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
COX-1-Inhibitor IC78=50 ug/ml	
COX-2-Inhibitor IC82=50 ug/ml	
Cancer-Preventive 22 ppm	Jim Duke's personal files.
Chemopreventive	
Colorant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Gastroprotective	
Immunostimulant 180 mg/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Interferon-Synergist	
Mucogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Phagocytotic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Prooxidant 20 ug/g	
Thymoprotective	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Ubiquit	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

BETA-SITOSTEROL

Fruit 33.0 281.0 -0.43 *

Activities (47)

Androgenic	
Angiogenic	
Anorexic	Martindale's 28th
Antiademonic	Merck 11th Edition
Antiandrogenic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Antibacterial	Recently became Internat. J. Crude Drug Res. 28(1,2,3,4):1990, page 155.
Anticancer (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. Plant Sci., 131(1): 95-103.
Anticancer (Cervix)	
Anticancer (Lung)	
Antiedemic IC54=320 mg/kg orl	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Antiestrogenic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Antifeedant	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Antifertility	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Antigonadotropic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Antihyperlipoproteinæmic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

Antileukemic	
Antilymphomic	
Antimutagenic 250 ug/ml	
Antiophidic 2.3 mg mus	Economic & Medicinal Plant Research, 5: 363.
Antioxidant IC44=10 uM	
Antiprogestational	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Antiprostaglandin 30 mg/day/12 wks	
Antiprostatadenomic	Merck 11th Edition
Antiprostatic 10-20 mg 3 x/day/orl man	
Antipyretic	Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.
Antitumor (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. Plant Sci., 131(1): 95-103.
Antitumor (Cervix)	
Antitumor (Lung)	
Antiviral	Abid Ali Khan, M.M., Jain, D.C., Bhakuni, R.S., Zaim, M., and Thakur, R.S. 1991. Occurrence of some antiviral sterols in <i>Artemisia annua</i> . Plant Science, 75: 161-165, 1991.
Apoptotic	
Artemicide LC50=110 ppm	Jung, J.H., Pummangura, S., Chaichantipyuth, C., Patarapanich, C., and McLaughlin, J.L. 1989. Bioactive Constituents of Melodorum fruticosum. Phytochemistry, 29(5): 1667-1670, 1990.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide	Recently became Internat. J. Crude Drug Res. 28(1,2,3,4):1990, page 155.
Caspase-8-Inducer	
Estrogenic	
Febrifuge	Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.
Gonadotropic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Hepatoprotective	
Hypocholesterolemic 2-6 g/man/day/orl	Martindale's 30th
Hypocholesterolemic 9-3,330 mg/man/day/orl	Martindale's 28th
Hypoglycemic	Ivorra, M.D., Paya, M., and Villar, A. 1989. A Review of Natural Products and Plants as Potential Antidiabetic Drugs. Journal of Ethnopharmacology, 27: 243-275, 1989.
Hypolipidemic 2-6 g/day	
Pesticide	
Spermicide	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Ulcerogenic 500 mg/kg ipr rat	

BETA-SITOSTEROL-3-O-DIGLUCOSIDE	Plant	--	--	Gruenwald, J. et al. 1998. PDR for Herbal Medicine. 1st ed. Medical Economics Co., Montvale, NJ. 1244 pp. (abbreviated as PHR or Physicians Herbal Reference in my mind)
BETA-SITOSTEROL-3-O-MYRISTATE	Plant	--	--	Gruenwald, J. et al. 1998. PDR for Herbal Medicine. 1st ed. Medical Economics Co., Montvale, NJ. 1244 pp. (abbreviated as PHR or Physicians Herbal Reference in my mind)
BETA-SITOSTEROL-3-O-MYRISTYL-BETA-GLUCOSIDES	Plant	--	--	Gruenwald, J. et al. 1998. PDR for Herbal Medicine. 1st ed. Medical Economics Co., Montvale, NJ. 1244 pp. (abbreviated as PHR or Physicians Herbal Reference in my mind)
BETA-SITOSTEROL-D-GLUCOSIDE	Fruit	--	220.0	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

Activities (6)

Antispasmodic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Antitumor	
CNS-Depressant	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
CNS-Stimulant	
Convulsant	
Hypoglycemic	

CALCIUM	Fruit	605.0	4640.0	0.18	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.
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Activities (28)

AntiPMS 1 g/day	
Antiallergic 500 mg/day	
Antianxiety	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiarrhythmic 500-1,500 mg	
Antiarthritic 1,000 mg/day	

Anticlimacteric	1,000-1,500 mg/day				
Antidepressant		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antidote (Aluminum)		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antidote (Lead)		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antihyperkinetic		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antihypertensive		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antiinsomniac		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antimenopausal	1,000-1,500 mg/day				
Antiobesity					
Antosteoporotic	500-2,000 mg/day				
Antiperiodontic	750 mg/day				
Antirheumatic	1,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Antistress	500-1,500 mg/day				
Antitic		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Anxiolytic	500-1,500 mg/day				
Calcium-Channel-Blocker					
Diuretic					
Hypocholesterolemic	500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Hypotensive	1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Laxative	1,000-1,200 mg				
Tranquilizer	500-1,500 mg/day				
Vasodilator					

CAMPESTEROL	Fruit	28.0	90.0	0.1	*
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Activities (2)

Antioxidant IC37=10 μ M

Hypocholesterolemic Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.

CAPRIC-ACID	Fruit	1000.0	3200.0	1.41	*
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Activities (3)

Fungicide

Irritant

Pesticide

CAPRIC-ACID	Seed Oil	--	--		*
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Activities (3)

Fungicide

Irritant

Pesticide

CAPRINIC-ACID	Fruit	--	18000.0		*
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CAPROIC-ACID	Fruit	600.0	1920.0		*
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Activities (1)

Irritant

CAPROIC-ACID	Seed Oil	--	--		*
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Activities (1)

Irritant

CAPRYLIC-ACID	Fruit	920.0	13000.0		*
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Activities (5)

Antiseptic

Candidicide 300 mg/man/12 x/day

Fungicide

Irritant

Pesticide

CAPRYLIC-ACID	Seed Oil	--	--		*
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Activities (5)

Candidicide 300 mg/man/12 x/day

Fungicide

Irritant

Pesticide

CAROTENE	Seed Oil	--	--	*	
CERAMIDES	Fruit	--	--	*	
CHROMIUM	Fruit	0.2	1.4	-0.31	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Activities (24)

Amphiglycemic?	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
AntiAGE 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
AntiCFS 200 ug	
Antiacne	
Antiaging 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiatherosclerotic 20 ug/day	
Anticorneotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidiabetic 200-1,000 ug	
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifatigue 200 ug	
Antiglycosuric 200-1,000 ug	
Antiobesity 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antisyndrome-X 200-800 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitriglyceride 20 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antitriglyceride 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Cardioprotective	
Energizer	
Hypocholesterolemic 20 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypocholesterolemic 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypoglycemic 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypotensive 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Immunomodulator	
Insulinogenic	
Memorogenic	

COBALT	Fruit	0.6	5.0	0.07	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
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Activities (2)

Cardiomyopathogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Erythrocytogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

CYCLOARTENOL	Fruit	--	--	*	
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Activities (7)

Antibacterial	
Antiinflammatory	
Antirheumatic 2-5 mg/man	
Antistaphylococcic	
Hypocholesterolemic	
Pesticide	
Ubiquit	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

DAUCOSTEROL	Fruit	47.0	416.0	*	
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Activities (5)

Aldose-Reductase-Inhibitor 0.1 mM/ rat (weak activity, 31.9% inhibition)	Fujita, T., Ohira, K., Miyatake, K., Nakano, Y., Nakayama, M. 1995. Inhibitory Effect of Perillosides A and C, Related Monoterpene Glucosides on Aldose Reductase and Their Structure-Activity Relationships. Chem Pharm Bull, 43(6): 920-926.
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Antispasmodic 20 mg/kg =ICMR(Indian Council of Medical Research).1976.Medicinal Plants of India.Vol.1.Indian Council of Med. Res.Cambridge Printing Works, New Delhi.487 pp;ICMR.1987.Medicinal Plants of India.Vol.2.Indian Council of Med. Res.Cambr. Printing Works,New Delhi.600pp

Antitumor
Hypoglycemic

Economic & Medicinal Plant Research, 6: 158.

DECANOIC-ACID

Fruit -- -- *

Activities (3)

FLavor FEMA <1-1 Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Nematicide Shoyakugaku Zasshi, 45: 270.
Pesticide

EO

Fruit 5400.0 20000.0 -0.43 *

FARNESOL

Fruit -- -- Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.

Activities (17)

Allergenic
Antiadenomic
Anticancer (Pancreas) IC50=39 uM
Anticarcinomic (Colon)
Anticarcinomic (Lung)
Antileukemic
Antimelanomic IC50=50 uM/l
Antispasmodic
Apoptotic
FLavor FEMA 0.1-3 Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Juvabional Russell, G. B., Phytochemical resources for crop protection, N. Z. J. Technol., 2, 1986, 127-134.
Nematicide MLC=100 ug/ml Shoyakugaku Zasshi, 44: 183.
Perfumery Merck 11th Edition
Pesticide
Pheromonal
Sedative
Trichomonicide LD100=100 ug/ml

FAT

Fruit 3510.0 27000.0 -0.44 *

FATTY-ACIDS

Fruit 30000.0 92000.0 *

FERULIC-ACID

Fruit -- -- List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

Activities (61)

Allelopathic Holappa, L.D., and Blum*, U. 1991. Effects of Exogenously Applied Ferulic Acid, a Potential Allelopathic Compound, on Leaf Growth, Water Utilization, and Endogenous Abscisic Acid Levels of Tomato, Cucumber, and Bean. *J. of Chemical Ecology*, 17(5): 865.
Analgesic Advance in Chinese Medicinal Materials Research. 1985. Eds. H. M. Chang, H. W. Yeung, W. -W. Tso and A. Koo. World Scientific Publishing Co., Philadelphia Pa., page 69.
Antiaggregant Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. *Chem. Pharm. Bull.* 38(6): 1620-1623, 1990.
Antiallergic Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antiarrhythmic
Antibacterial Jeffery B. Harborne and H. Baxter, eds. 1983. *Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants*. Taylor & Frost, London. 791 pp.
Anticancer (Colon)
Anticancer (Fore stomach)
Anticancer (Liver)
Anticancer (Skin)
Anticarcinogenic
Antidysmenorrheic
Antiestrogenic Jeffery B. Harborne and H. Baxter, eds. 1983. *Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants*. Taylor & Frost, London. 791 pp.
Antihepatotoxic Jeffery B. Harborne and H. Baxter, eds. 1983. *Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants*. Taylor & Frost, London. 791 pp.
Antiherapeutic
Antiinflammatory Hagerman, A.E. *Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health*, Ch.19.
Antileukemic IC50=25-56 ug/ml Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. *Am J Chin Med*, 31(1):37-46.
Antimitotic Jeffery B. Harborne and H. Baxter, eds. 1983. *Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants*. Taylor & Frost, London. 791 pp.
Antimutagenic Ki Soon Rhee. *Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health*, Ch.18.

(Stomach)	
Antinitrosaminic	Ki Soon Rhee. Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health, Ch.18.
Antioxidant 3,000 uM	
Antioxidant IC51=200 ppm	
Antioxidant 1/3 quercetin	
Antioxidant 1/2 BHA	
Antioxidant EC50=9-15 ug/ml	
Antiradicular EC50=9-15 ug/ml	
Antiradicular IC50=116-124 uM	
Antiserotonin	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antispasmodic	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antithrombic	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antitumor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antitumor (Colon)	
Antitumor (Fore stomach)	
Antitumor (Liver)	
Antitumor (Skin)	
Antitumor-Promoter IC46=10 uM	Cancer Research, 48: 5941.
Antiviral	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. Advances in Medicinal Plant Research. Wiss. Verlag. Stuttgart.
Arteriodilator	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Cardiac	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.
Cholagogue	Pharmazie, 46: 156, 1991.
Choleretic	Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Fungicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Hepatoprotective	Mills, Simon and Bone, Kerry. 2000. Phytotherapy. Churchill Livingston, Edinburgh.
Hepatotropic	
Herbicide	
Hydrocholerectic	Angewandte Botanik 68(5/6)=1994. Page 195.
Hypolipidemic	
Immunostimulant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Insectifuge	Economic & Medicinal Plant Research, 1: 124.
Metal-Chelator	Tunon, H., Thorsell, W., and Bohlin, L. 1993. Mosquito Repelling Activity of Compounds Occurring in Achillea millefolium L. (Asteraceae). Economic Botany 48(2): 111-120, 1994.
Ornithine-Decarboxylase-Inhibitor	McEvily, A.J., Iyengar, R., and Gross, A.T. Inhibition of Polyphenol Oxidase by Phenolic Compounds. Phenolic Compounds in Food and Their Effects on Health, Ch.25.
Pesticide	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Phagocytotic	
Preservative	Merck 11th Edition
Prostaglandigenic	
Prostaglandin-Synthesis-Inhibitor 0.58-3.2 mM	Xu, L. N., Yu, W. G., Tian, J. Y., Liu, Q. Y. 1990. Effect of Sodium Ferulate on Arachidonic Acid Metabolism. Yao Hsueh Hsueh Pao, 25(6): 412-416.
Sunscreen	Chemical Marketing Reporter; a weekly tabloid, 9/10/92.
Uterosedative 30-100 mg/kg ivn rat	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.

FIBER(CRUEDE)	Fruit	--	130000.0	-0.14	*
FIBER(DIETARY)	Fruit	--	400000.0	0.35	*
FRUCTOSE	Fruit	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Activities (8)

Antialcoholic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antidiabetic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antihangover	
Antiketotic	Merck 11th Edition
Antinauseant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

Neoplastic Sweetener 2 x glucose	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.				
FUCOSE	Fruit	--	--	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.	
GALACTOSE	Fruit	--	--	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.	
Activities (1)					
Sweetener 0.32 x sucrose					Martindale's 28th
GERANYL-GERANIOL	Fruit	--	16.0	*	
Activities (11)					
Antiadenomic					
Anticancer (Pancreas) IC50=25 uM					
Anticarcinomic (Colon)					
Anticarcinomic (Lung)					
Antileukemic					
Antiproliferant IC50=5 uM					
Apoptotic					
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli.</i> Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Pesticide					
Protisticide					
Schistosomicide					
GLUCOSE	Fruit	--	--	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.	
Activities (7)					
Acetylcholinergic					
Antiedemic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.				
Antihepatotoxic	Merck 11th Edition				
Antiketotic	Merck 11th Edition				
Antivaricose	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.				
Hyperglycemic	Merck 11th Edition				
Memory-Enhancer	Science News, 138: 189, 1990.				
GLUCURONIC-ACID	Fruit	--	--	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.	
Activities (4)					
Antidote (Camphor)					
Antidote (Morphine)					
Antihepatotoxic					
Detoxicant	Merck 11th Edition				
GLYCEROL	Seed Oil	--	--	*	
Activities (8)					
AntiMeniere's 1.5 g/kg					Martindale's 29th
Anticataract					Martindale's 29th
Antiear-wax					Martindale's 29th
Antiketotic					Merck 11th Edition
Antineuragic					Martindale's 29th
Arrhythmogenic					Martindale's 29th
Emollient					Merck 11th Edition
Hyperglycemic					Martindale's 29th
HEXACOSAN-1-OL	Fruit	--	--	*	
HEXACOSANOL	Fruit	2.0	7.0	*	
IRON	Fruit	9.0	66.0	-0.27	Pedersen, M. 1987. <i>Nutritional Herbology.</i> Pederson Publishing. Bountiful, Utah. 377 pp.
Activities (6)					
Antiakathisic	Martindale's 29th				

Anticanker				
Anticheilitic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.			
Antimenorrhagic 100 mg/day/wmn/orl	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).			
Prooxidant				
ISOQUERCITRIN	Fruit	--	--	*
Activities (22)				
ACE-Inhibitor ID50=300 ug/ml rat (24 hr.)				
Aldose-Reductase-Inhibitor	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.			
Antibacterial	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.			
Anticancer				
Antielastase IC50=0.7 ug/ml				
Antifeedant	Russell, G. B., <i>Phytochemical resources for crop protection</i> , N. Z. J. Technol., 2, 1986, 127-134.			
Antiinflammatory				
Antinociceptive				
Antioxidant 1/4 quercetin				
Antioxidant IC50=9.0 uM				
Antiradicular 1/4 quercetin				
Antitumor				
Antitumor-Promoter				
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli</i> . Dougherty Co, Milwaukee, WI, 1990, 399 pp.			
Capillarogenic				
Diaphoretic				
Diuretic 10 ppm	List, P.H. and Horhammer, L., <i>Hager's Handbuch der Pharmazeutischen Praxis</i> , Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.			
Hypotensive	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. <i>Chem. Pharm. Bull.</i> 38(4): 1049-1052, 1990.			
Insectiphile	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.			
Pesticide				
TNF-alpha-Inhibitor				
Topoisomerase-II-Inhibitor 550 ug/ml	Bernard, F. X., Sable, S., Cameron, B., Provost, J., Desnottes, J. F., Crouzet, J., Blanche, F. 1997. Glycosylated Flavones as Selective Inhibitors of Topoisomerase IV. <i>Antimicrobial Agents & Chemotherapy</i> , 41: 992-998.			
KAEMPFEROL	Fruit	--	--	By assumption; if a glycoside is reported, it is automatically assumed that the aglycone is present also in the plant, though sometimes in traces only.
Activities (75)				
11B-HSD-Inhibitor				
5-Lipoxygenase-Inhibitor IC50 (uM)=20				
Aldose-Reductase-Inhibitor 100 uM	Oliveira, T. T., Nagem, T. J., Miranda, L. C. G., Paula, V. F., Teixeira, M. A. 1997. Inhibitory Action on Aldose Reductase by Soybean Flavonoids. <i>J Braz Chem Soc</i> , 8(3): 211-213.			
Antiaflatoxin IC50=8.73 uM				
Antiaflatoxin IC50=3.28 ppm				
Antiaggregant 30 uM				
Antiallergic				
Antibacterial 20 ug/ml				
Anticancer				
Antifertility 250 mg/kg/day/60 days/orl rat	Kumar, P., Dixit*, V.P., and Khanna, P. Antifertility Studies of Kaempferol: Isolation and Identification from Tissue Culture of some Medicinally Important Plant Species. <i>Plantes medicinales et phytotherapie</i> , 23: 193-201, 1989.			
Antigingivitic 20 ug/ml				
Antiherpetic 23-92 ug/ml	Amoros, M., Simoes, C.M.O., Girre, L., et al. Synergistic Effect Of Flavones And Flavonols Against Herpes Simplex Virus Type 1 In Cell Culture. Comparison With The Antiviral Activity Of Propolis. <i>J. of Natural Products</i> 55(12):1732-1740, 1992.			
Antihistaminic	Williamson, E. M. and Evans, F. J. <i>Potter's New Cyclopaedia of Botanical Drugs and Preparations</i> , Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.			
Antiimplantation				
Antiinflammatory 20 mg/kg				
Antiinflammatory 200 mg/kg ipr rat				
Antileukemic IC50=3.1 ug/ml	Life Sciences 55: 1061.			
Antilymphocytic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.			
Antimutagenic ID50=10-	Phenolic Compounds in Food and Their Effects on Health. <i>Antioxidants & Cancer Prevention</i> . Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992 ACS			

Antioxidant IC50=40 uM	
Antioxidant 3/4 quercetin	
Antioxidant IC50=1.2 ug/ml	
Antiperiodontic 20 ug/ml	
Antiplaque 20 ug/ml	
Antiradicular 7 x quercetin	
Antiseptic 20 ug/ml	
Antiserotonin 200 mg/kg ipr rat	
Antispasmodic	Williamson, E. M. and Evans, F. J., <i>Potter's New Cyclopaedia of Botanical Drugs and Preparations</i> , Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Antistaphylococic	
Antitumor	
Antitumor-Promoter	Yasukawa, K., Takido, M., Takeuchi, M., Sato, Y., Nitta, K., and Nakagawa, S. 1989. Inhibitory Effects of Flavonol Glycosides on 12-O-Tetradecanoylphorbol-13-acetate-Induced Tumor Promotion. <i>Chem. Pharm. Bull.</i> 38(3): 774-776, 1990.
Antiulcer 50-200 mg/kg ipr rat	
Antiviral 23-92 ug/ml	
Apoptotic 60 uM	
Aromatase-Inhibitor IC12=1 uM/l	Journal of Medicinal Food 2: 235.1999.
COX-2-Inhibitor	
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli</i> . Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Carcinogenic	Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. <i>Zulu Medicinal Plants. An inventory</i> . University of Natal Press, Pietermaritzburg. 450 pp.
Choleretic	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.
Copper-Chelator	
Cyclooxygenase- Inhibitor IC50 (uM) =20	
Cytotoxic	
Diaphoretic?	Lawrence Review of Natural Products, Dec-90.
Diuretic	
Estrogenic EC50=0.1-25 uM/l	Journal of Medicinal Food 2: 227.1999.
Estrogenic EC50=0.56 uM	
Fungicide 20 ug/ml	Father Nature's Farmacy: The aggregate of all these three-letter citations.
HIV-RT-Inhibitor IC50=50-150 ug/ml	Garcia, J., Morin,* C., Nyasse, B., Sondengam, B-L., Tchouankeu, J-C., and Tsamo, E. Complete Structural Assignments Of An Ergosterol Derivative From Eritandrophragma utile. <i>Journal of Natural Products</i> , 54(1): 136-142, 1991.
Hepatoprotective IC50=5.46 uM	
Hepatoprotective IC50=1.30 ppm	
Hypotensive	
ICAM-1-Inhibitor	
Inotropic	
Iodothyronine- Deiodinase-Inhibitor	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
JNK-Inhibitor	
Lipoxygenase-Inhibitor	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
MAO-Inhibitor	
Mutagenic	
NO-Inhibitor IC50=13.9 uM	
Natriuretic	
Neuroprotective	
PAF-Inhibitor	
Pesticide	
Protisticide	Meckes, M., Calzada, F., Tapia-Contreras, A., Cedillo-Rivera, R. 1999. Antiprotozoal Properties of <i>Helianthemum glomeratum</i> . <i>Phytotherapy Research</i> , 13(2): 102-105.
Quinone-Reductase- Inducer 3 uM	
TNF-alpha-Inhibitor IC50=3.99 uM	
Teratologic	
Topoisomerase-I- Inhibitor	Santti, R., Makela, S., Strauss, L., Korman, J., Kostian, M. L. 1998. Phytoestrogens: Potential Endocrine Disruptors in Males. <i>Toxicol Ind Health</i> , 14: 223-237.
Topoisomerase-II- Inhibitor IC50=8.1 ug/ml	Constantinou, A., Mehta, R., Runyan, C., Rao, K., Vaughan, A., Moon, R. 1995. Flavonoids as DNA Topoisomerase Antagonists and Poisons: Structure-Activity Relationships. <i>J Natural Products</i> , 58: 217-225.
Tyrosinase-Inhibitor ID50=230 uM	
Uterotrophic EC50=0.1- 25 uM/l	Journal of Medicinal Food 2: 227.1999.
Vasodilator	
cAMP-	

INNOCUITYiNOS-Inhibitor IC50=<15
µMiNOS-Inhibitor IC50=13.9
µM

KAEMPFEROL-3-O-GLUCOSIDE	Fruit	--	--	*
Activities (4)				
AntiHIV				
Antiviral				
Choleretic				
Pesticide				
Fitoterapia No.5-1986.				
LAURIC-ACID	Fruit	12080.0	240000.0	2.51
Activities (7)				
Antibacterial				
Antioxidant IC71=60				
Antiviral				
COX-1-Inhibitor IC40=100				
COX-2-Inhibitor IC20=100				
Candidicide				
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)			
LAURIC-ACID	Seed	--	--	*
Activities (7)				
Antibacterial				
Antioxidant IC71=60				
Antiviral				
COX-1-Inhibitor IC40=100				
COX-2-Inhibitor IC20=100				
Candidicide				
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)			
LINOLEIC-ACID	Fruit	1840.0	36000.0	0.15
Activities (27)				
5-Alpha-Reductase-Inhibitor				
AntiMS	Economic & Medicinal Plant Research, 6: 189.			
Antiacne				
Antialopeptic				
Antianaphylactic	Economic & Medicinal Plant Research, 6: 189.			
Antiandrogenic				
Antiarteriosclerotic				
Antiarthritic	Economic & Medicinal Plant Research, 6: 189.			
Anticorony	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			
Antieczemic	Economic & Medicinal Plant Research, 6: 189.			
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.			
Antigranular				
Antihistaminic	Economic & Medicinal Plant Research, 6: 189.			
Antiinflammatory IC50=31 µM				
Antileukotriene-D4 IC50=31 µM				
Antimenorragic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).			
Antiprostatic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).			
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.			
Carcinogenic	Science News, 146: 421.			
Comedolytic				
Hepatoprotective				
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)			
Immunomodulator	Economic & Medicinal Plant Research, 6: 189.			
Insectifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.			
Metastatic	Science News, 146: 421.			
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.			
Propeptic				

LINOLENIC-ACID		Fruit	240.0	/ / 0.0	-0.82	*
LIPASE		Fruit	--	--		List, P.H. and Horhammer, L. Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
LUPEN-3-ONE		Fruit	--	--		*
LUPEOL		Fruit	--	--		*
Activities (21)						
AntiEBV						
Antiangiogenic 30-50 ug/ml						
Antiedemic						
Antiflu						
Antihyperglycemic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.					
Antiinflammatory 1/3 indomethacin						
Antilithic 25 mg/kg/day						
Antimalarial IC50=46.8 ug/ml	Khalid, S.A., Farouk, A., Geary**, T.G., and Jensen, J.B. 1985. Potential Antimalarial Candidates From African Plants: An In Vitro Approach Using <i>Plasmodium falciparum</i> *. <i>Journal of Ethnopharmacology</i> , 15: 201-209, 1986.					
Antioxalate 25 mg/kg/day						
Antioxidant 25 mg/kg/day						
Antiperoxidant 25 mg/kg/day						
Antiprostaglandin						
Antirheumatic						
Antitumor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.					
Antiurethrotic						
Antiviral						
Cytotoxic 50-500 ppm						
PTase-Inhibitor IC50=65 ug/ml						
Hypotensive	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.					
Pesticide						
TOPO-2-Inhibitor IC50=10.4 uM						
MAGNESIUM		Fruit	510.0	3930.0	0.83	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Activities (65)						
AntiCFS						
AntiLyme 400-1,000 mg						
AntiMS						
AntiPMS 400-800 mg/day/wmn/orl						
AntiPMS 400-800 mg/day/wmn orl						
AntiRaynaud's 280-350 mg/day						
Antiaggregant 400 mg/day						
Antialcoholic						
Antiangular 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.					
Antianorectic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.					
Antianxiety 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.					
Antiarhythmic 400 mg/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.					
Antiarthritic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).					
Antiasthmatic						
Antiatherosclerotic 400 mg/day						
Anticephalic						
Anticlimacteric 500-750 mg/day						
Anticonvulsant	Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.					
Anticorony 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95					
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.					
Antidiabetic 400-800 mg/man/day						
Antidysmenorrheic 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.					

Antienterotic	
Antiepileptic 450 mg/day	
Antifatigue	
Antifibromyalgic 200-300 mg 3x/day	
Antigastrotic	
Antiglaucomic	
Antihyperkinetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antihypoglycemic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiinflammatory 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antilithic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimastalgic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimenopausal 500-750 mg/day	
Antimigraine 200 mg/day/man	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimiral-valve-prolapse	
Antinephrolytic	
Antineurotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antosteoporotic 500-1,000 mg/day/wmn/orl	
Antiplaque 500-1,000 mg/day	
Antiretinopathic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antispasmodic	
Antispasmophilic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antistress 500-750 mg/day	
Antistroke 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antisynrome-X 400 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Anxiolytic 500-750 mg/day	
CNS-Depressant	Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.
Calcium-Antagonist	
Cardioprotective	
Diuretic	
Hypocholesterolemic 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 260-500 mg/day	
Immunomodulator	
Insulinogenic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Laxative 300-500 mg/day	
Litholytic	
Myorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Neurotransmitter	
Tranquilizer 500-750 mg/day	
Uterorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Vasodilator	

MANGANESE	Fruit	1.2	8.9	-0.34	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
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Activities (14)

AntiPMS	
Antialcoholic	Forest H. Nielsen, USDA, Grand Forks, various publications.
Antianemic	Martindale's 28th
Antiarthritic	
Antidiabetic 3-5 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidiabetic 10-30 mg/man/day	
Antidiscotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidyskinetic	Martindale's 28th
Antiepileptic 450 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antosteoporotic	
Antitototic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antioxidant	
Antisynrome-X 10-30 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypoglycemic 10-30	

MANNITOL	Seed Oil	--	--	*
Activities (18)				
Allergenic	Martindale's 29th			
Analgesic				
Anthelmintic	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.			
AntiReye's	Martindale's 29th			
Antiglaucomic	Martindale's 28th			
Antiinflammatory	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.			
Antimutagenic				
Antinephritic	Martindale's 29th			
Antioxidant	Jim Duke's personal files.			
Antiradicular				
Antispasmodic	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.			
Diuretic	Merck 11th Edition			
Emetic	Martindale's 28th			
Flatugenic	Martindale's 29th			
Laxative				
Nephrotoxic	Martindale's 29th			
Pesticide				
Sweetener	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			

MANNITOL	Fruit	--	--	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
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Activities (18)				
Allergenic	Martindale's 29th			
Analgesic				
Anthelmintic	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.			
AntiReye's	Martindale's 29th			
Antiglaucomic	Martindale's 28th			
Antiinflammatory	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.			
Antimutagenic				
Antinephritic	Martindale's 29th			
Antioxidant	Jim Duke's personal files.			
Antiradicular				
Antispasmodic	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.			
Diuretic	Merck 11th Edition			
Emetic	Martindale's 28th			
Flatugenic	Martindale's 29th			
Laxative				
Nephrotoxic	Martindale's 29th			
Pesticide				
Sweetener	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			

MANNOSE	Fruit	--	--	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
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Activities (3)				
AntiUTI				
Antiadhesive				
Anticystitic 0.25-1 tsp 3-4 x/day orl man				

MYRISTIC-ACID	Fruit	4800.0	116000.0	5.2	*
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Activities (6)				
Antioxidant IC71=60				
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.			
Cosmetic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)			
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.			

MYRISTIC-ACID	Seed	--	--	*
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Activities (6)

Antioxidant IC71=60	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cosmetic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.

NIACIN

	Fruit	10.0	75.0	0.19	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing.
					Bountiful, Utah. 377 pp.

Activities (39)

Allergenic	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
AntiLyme 50 mg/day	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
AntiMeniere's	
AntiRaynaud's 1,500-4,000 mg/day	
Antiacrodynic	
Antiallergic 50 mg/2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antialzheimeran	
Antiambyopic	
Antianginal	
Anticataract	
Antichiblain	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Anticonvulsant 3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidementia	
Antidermatomic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidiabetic	
Antidysphagic	
Antiepileptic 3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antihangover 50 mg	
Antihistaminic 50 mg 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antihyperactivity 1.5-6 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antinsomnic 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antineuragic	
Antiparkinsonian 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antipellagric	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiscotomic	
Antispasmodic 100 mg 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antivertigo	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Circulotonic	
Fibrinolytic	
Hepatoprotective	
Hepatotoxic	
Hypocholesterolemic 50-100 mg 3x/day	
Hypoglycemic	
Hypolipidemic	
Sedative	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Serotonergic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Vasodilator	Martindale's 29th

OCTACOSAN-1-OL

Fruit	--	--	*
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OLEIC-ACID

Fruit	11400.0	332000.0	2.08	*
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Activities (18)

5-Alpha-Reductase-Inhibitor

Allergenic

Alpha-Reductase-Inhibitor

Anemiagenic

Antialope cic

Antiandrogenic

Antiinflammatory
IC50=21 uM

IC50=21 uM	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Choleretic 5 ml/man	
Dermatitigenic	
FLavor FEMA 1-30	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Insectifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Irritant	Merck 11th Edition
Percutaneostimulant	Seki, T., Toeda, C., Kawaguchi, T., Juni, K., Sugabayashi, K., and Morimoto, Y. 1990. Enhanced Transdermal Delivery of Zidovudine in Rats and Human Skin. <i>Chem. Pharm. Bull.</i> 38(11): 3086-3089, 1990.
Perfumery	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Propecic	

OLEIC-ACID	Seed	--	--	*
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Activities (18)

5-Alpha-Reductase-Inhibitor	
Allergenic	
Alpha-Reductase-Inhibitor	
Anemiagenic	
Antialope cic	
Antiandrogenic	
Antiinflammatory	
IC50=21 uM	
Antileukotriene-D4	
IC50=21 uM	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Choleretic 5 ml/man	
Dermatitigenic	
FLavor FEMA 1-30	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Insectifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Irritant	Merck 11th Edition
Percutaneostimulant	Seki, T., Toeda, C., Kawaguchi, T., Juni, K., Sugabayashi, K., and Morimoto, Y. 1990. Enhanced Transdermal Delivery of Zidovudine in Rats and Human Skin. <i>Chem. Pharm. Bull.</i> 38(11): 3086-3089, 1990.
Perfumery	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Propecic	

P-COUMARIC-ACID	Fruit Juice	--	--	*
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Activities (25)

Aldose-Reductase-Inhibitor 4 ug/ml (weak activity)	Ichikawa, K., et al. 1991. Isolation and Structure Determination of Aldose Reductase Inhibitors from Traditional Thai Medicine, and Syntheses of Their Derivatives. <i>Sankyo Kenkyusho Nempo</i> , 43: 99-110.
Allelopathic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Antibacterial	Pharmazie, 46: 156, 1991.
Anticlastogen	
Antifertility	
Antihepatotoxic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Antileukemic IC50=25-56 ug/ml	Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46.
Antinitrosaminic	Joseph, J., Nadeau, D. and Underwood, A. 2001. <i>The Color Code</i> . Hyperion, NY.
Antioxidant IC24=30 ppm	
Antioxidant 1/3 BHA	
Antiperioxidant IC50=>100 uM	Planta Medica, 57: A54, 1991.
Antiseptic	
Antispasmodic	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. <i>Herbal Medicine - A Guide for Health-care Professionals</i> . The Pharmaceutical Press, London. 296pp.
Antitumor	
Cancer-Preventive	
Chemopreventive	
Choleretic	
Cytotoxic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Diaphoretic?	Lawrence Review of Natural Products, Dec-90.
Fungicide	Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture</i> . Plenum Press, New York. 445 pp.
Lipoxygenase-Inhibitor IC11=5 mM	Oszmianski, J. and Lee, C.Y. 1990. Inhibitory Effect of Phenolics on Carotene Bleaching in Vegetables. <i>J. Agric. Food Chem.</i> 38: 688-690.
Pesticide	
Prostaglandenic	

P-HYDROXY-BENZOIC-ACID	Plant	--	--	*	
Activities (13)					
Antibacterial					
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.				
Antioxidant	Phenolic Compounds in Food and Their Effects on Health, 65.				
Antiradicular					
Antisickling 10.5 ug/ml					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Fungistat EC50=607 ug/ml	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.				
Immunosuppressant					
Pesticide					
Phytoalexin	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.				
Prostaglandigenic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Secretogogue	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.				
Ubiquit	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
P-HYDROXYBENZALDEHYDE	Plant	--	--	*	
Activities (4)					
Antifeedant	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.				
Pesticide					
Tyrosinase-Inhibitor ID50=1.2 mM					
Tyrosinase-Inhibitor ID50=1,200 uM					
P-OXYBENZALDEHYDE	Wood	--	--	List, P.H. and Horhammer, L, Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.	
P-OXYBENZOIC-ACID	Wood	--	--	List, P.H. and Horhammer, L, Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.	
PALMITIC-ACID	Fruit	3800.0	87000.0	0.99	*
Activities (13)					
5-Alpha-Reductase-Inhibitor					
Antialopercic					
Antiandrogenic					
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.				
Antioxidant IC40=60					
FLavor FEMA 1	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Hemolytic	Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.				
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)				
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.				
Pesticide					
Propeptic					
Soap	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
PALMITIC-ACID	Seed	--	--	*	
Activities (13)					
5-Alpha-Reductase-Inhibitor					
Antialopercic					
Antiandrogenic					
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.				
Antioxidant IC40=60					
FLavor FEMA 1	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Hemolytic	Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.				
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)				
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				

Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture</i> . Plenum Press, New York. 445 pp.				
Pesticide					
Propecic					
Soap	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.				
PECTIN	Fruit	605.0	4640.0	-0.58	Pedersen, M. 1987. <i>Nutritional Herbology</i> . Pederson Publishing. Bountiful, Utah. 377 pp.
Activities (24)					
Antiatheromic 15 g/man/day	Cerda, JJ. Pectin in Health and Disease. <i>HortScience</i> , 25(12): 1485, 1990.				
Antibacterial					
Antidiabetic 10 g/man/day/orl					
Antidiarrheic	Merck 11th Edition				
Antienteric					
Antigallstone					
Antigastritic					
Antilithic					
Antimetastatic					
Antimutagenic					
Antiobesity	Joseph, J., Nadeau, D. and Underwood, A. 2001. <i>The Color Code</i> . Hyperion, NY.				
Antitumor (Colon)					
Antitumor (Prostate)					
Antitussive					
Antiulcer					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Chemopreventive					
Demulcent					
Fungicide	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.				
Hemostat					
Hypocholesterolemic					
Hypoglycemic	Joseph, J., Nadeau, D. and Underwood, A. 2001. <i>The Color Code</i> . Hyperion, NY.				
Peristaltic					
Pesticide					
PHOSPHORUS	Fruit	2105.0	16200.0	3.94	Pedersen, M. 1987. <i>Nutritional Herbology</i> . Pederson Publishing. Bountiful, Utah. 377 pp.
Activities (4)					
Antiosteoporotic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
Anxiolytic					
Immunostimulant	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
Osteogenic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
PHYTOL	Fruit	--	--	*	
Activities (1)					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
PHYSTOSTEROLS	Fruit	--	128.0	-1.05	*
Activities (2)					
Antiprostatotic					
Hypocholesterolemic					
POLYSACCHARIDE-S1	Fruit	--	--	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.	
POLYSACCHARIDE-S2	Fruit	--	--	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.	
POLYSACCHARIDE-S3	Fruit	--	--	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.	
POLYSACCHARIDE-S4	Fruit	--	--	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.	
POPULNIN	Fruit	--	--	*	
POTASSIUM	Fruit	2325.0	17900.0	-0.0	Pedersen, M. 1987. <i>Nutritional Herbology</i> . Pederson Publishing. Bountiful, Utah. 377 pp.

Activities (14)

Angiotensin-Receptor-Blocker	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiarrhythmic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifatigue	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antispasmodic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antistroke	
Anxiolytic	
Beta-Blocker	
Cardioprotective 3,000-5,000 mg	
Cardiotoxic 18,000 mg/man/day	
Diuretic	
Hypotensive	
Vasodilator	

PROTEIN

Fruit 14300.0 110000.0 0.01 *

RHAMNOSE

Fruit -- -- Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.

RHOIFOLIN

Fruit -- -- *

Activities (2)

Aldose-Reductase-Inhibitor IC ₅₀ =10 uM	Shimizu, M., Ito, T., Terashima, S., Hayashi, T., Arisawa, M., Morita, N., Kurokawa, S., Ito, K., and Hashimoto, Y. 1984. Inhibition of Lens Aldose Reductase by Flavonoids. <i>Phytochemistry</i> , 23: 1885-1888.
Antiarrhythmic	Jim Duke's personal files.

RHOIFOLIN

Plant -- -- Gruenwald, J. et al. 1998. PDR for Herbal Medicine. 1st ed. Medical Economics Co., Montvale, NJ. 1244 pp. (abbreviated as PHR or Physicians Herbal Reference in my mind)

Activities (2)

Aldose-Reductase-Inhibitor IC ₅₀ =10 uM	Shimizu, M., Ito, T., Terashima, S., Hayashi, T., Arisawa, M., Morita, N., Kurokawa, S., Ito, K., and Hashimoto, Y. 1984. Inhibition of Lens Aldose Reductase by Flavonoids. <i>Phytochemistry</i> , 23: 1885-1888.
Antiarrhythmic	Jim Duke's personal files.

RIBOFLAVIN

Fruit 1.0 7.3 0.49 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.

Activities (15)

AntiLyme 50 mg/day	
Antiarabiflavinotic 2-10 mg/day oral	Martindale's 28th
Anticarpal-Tunnel 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticataract 15 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticephalic	
Anticervical dysplastic 1.6-10 mg/day	
Anticheilitic	
Antidecubitic	
Antiglossitic	
Antikeratitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimigraine	
Antioxidant	
Antipellagric	
Antiphotophobic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

RUTIN

Fruit -- -- *

Activities (87)

5-HT-Inhibitor	
Aldehyde-Oxidase-Inhibitor IC ₂₇ -52=10 uM	
Aldose-Reductase-Inhibitor 100 uM	
Aldose-Reductase-Inhibitor 4 ug/ml	Ichikawa, K., et al. 1991. Isolation and Structure Determination of Aldose Reductase Inhibitors from Traditional Thai Medicine, and Syntheses of Their Derivatives. <i>Sankyo Kenkyusho Nempo</i> , 43: 99-110.
Allelochemical	
AntiCVI 270 mg/man/day	
Antiaggregant ED ₅₀ =33 nmol/kg iv	

Antiaoplectic	
Antiatherogenic	
Antiatherosclerotic	
Antibacterial	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Anticancer	
Anticapillary-Fragility 20-100 mg orl man	Merck 7th Ed.
Anticataract	
Anticlastogen	
Anticonvulsant	Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs.</i> CRC Press, Boca Raton, FL 388 pp.
Antidementia	Bruneton, J. 1999. <i>Pharmacognosy, Phytochemistry, Medicinal Plants.</i> 2nd Ed. Lavoisier Publishing, Paris. 1119 pp.
Antidermatitic	Bisset, N.G., ed. 1994. <i>Herbal Drugs and Phytopharmaceuticals.</i> CRC Press. Boca Raton, FL. 566 pp.
Antidiabetic	Jin, G-Z., Yamagata, Y., and Tomita, K-i. 1989. Structure of Rutin Pentamethanol. <i>Chem. Pharm. Bull.</i> 38(2): 297-300, 1990.
Antiedemic 270 mg/day orl man	
Antirythemic	
Antifeedant	
Antiglaucomic 60 mg/day	Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
Antihematuric	
Antihemorrhoidal	
Antihepatotoxic	Keeler, R.F. and Tu, A.T. eds. 1991. <i>Toxicology of Plant and Fungal Compounds. (Handbook of Natural Toxins Vol. 6)</i> Marcel Dekker, Inc. NY. 665 pp.
Antiherpetic	Economic & Medicinal Plant Research, 5: 198.
Antihistaminic	
Antihypertensive	Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs.</i> CRC Press, Boca Raton, FL 388 pp.
Antiinflammatory 20 mg/kg	
Antimalarial IC50=>100 ug/ml	Khalid, S.A., Farouk, A., Geary**, T.G., and Jensen, J.B. 1985. Potential Antimalarial Candidates From African Plants: An In Vitro Approach Using <i>Plasmodium falciparum</i> *. <i>Journal of Ethnopharmacology,</i> 15: 201-209, 1986.
Antimelanomic	
Antimetastatic	
Antimutagenic ID50=2-5 nM	
Antinephritic	
Antinociceptive	
Antioxidant IC28=30 ppm	
Antioxidant IC50=120 uM	
Antioxidant IC54=10 uM	
Antiperoxidant IC50=10-20 uM	
Antiplatelet	
Antiproliferant 50-75 uM/l	
Antiprotozoal	
Antipurpuric	
Antiradicular 9 x quercetin	
Antispasmodic	
Antisunburn	
Antithrombogenic EC50=500 nM	
Antithyroid IC50=68 uM	
Antitrypanosomic 100 mg/kg	Planta Medica, 57: A44, 1991.
Antitumor	
Antitumor-Promoter	
Antiulcer	
Antivaricose	
Antiviral	
Apoptotic 75 uM/l	
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli.</i> Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Capillariprotective	Merck 11th Edition
Catabolic	
Chemopreventive	
Cytoprotective IC50=3 uM	
Estrogenic?	Economic & Medicinal Plant Research, 6: 189.
Hemostat	
Hepatogenic 20,000 ppm (diet) rat	Phenolic Compounds in Food and Their Effects on Health. <i>Antioxidants & Cancer Prevention.</i> Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507 ACS, Washington 402 pp.
Hepatoprotective 20 mg/kg rat	
Hypocholesterolemic	Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs.</i> CRC Press, Boca Raton, FL 388 pp.
Hypotensive	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.

Insecticide	Keeler, R.F. and Tu, A.T. eds. 1991. Toxicology of Plant and Fungal Compounds. (Handbook of Natural Toxins Vol. 6) Marcel Dekker, Inc. NY. 665 pp.
Insectiphile	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Juvabional	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Larvistat IC95=4,000-8,000 ppm diet	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.
Lipoxygenase-Inhibitor IC75=2.5 mM	Oszmianski, J. and Lee, C.Y. 1990. Inhibitory Effect of Phenolics on Carotene Bleaching in Vegetables. <i>J. Agric. Food Chem.</i> 38: 688-690.
Mutagenic	Economic & Medicinal Plant Research, 6: 189.
Myoprotective	
Myorelaxant	Economic & Medicinal Plant Research, 6: 189.
Oviposition-Stimulant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
PAF-Inhibitor	
Pesticide	
Protisticide	
Radioprotective	
Sunscreen	
Topoisomerase-II-Inhibitor IC50=1 ug/ml	Bernard, F. X., Sable, S., Cameron, B., Provost, J., Desnottes, J. F., Crouzet, J., Blanche, F. 1997. Glycosylated Flavones as Selective Inhibitors of Topoisomerase IV. <i>Antimicrobial Agents & Chemotherapy</i> , 41: 992-998.
Vasodilator	
Vasopressor	
cAMP-Phosphodiesterase-Inhibitor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

SABAL-SERRULATA-ACIDIC-POLYSACCHARIDE	Fruit	--	6000.0	*
SELENIUM	Fruit	0.3	2.6	0.26

Activities (60)

AP-1-Inhibitor 2-50 uM	
Analgesic 200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anorexic	Cooper-Driver, G. A., Chemical substances in plants toxic to animals, pp. 213-47 in Rechcigl, M., Jr., ed. CRC Handbook of Naturally Occurring Food Toxicants, CRC Press, Boca Raton, 1983, 339 pp.
AntiHIV	
AntiINF-kB	
Antiacne 200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiaggregant	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiangiogenic 2 uM	
Antangiogenic 230 ug/kg orl rat	
Antiarthritic	
Antiasthmatic	
Antiatherosclerotic	
Anticataract 400 ug/day	
Anticirrhotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticlimacteric 200 ug/day	
Anticorony 200 ug/day	
Antidandruff	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidepressant 200 ug/day	
Antidote (Mercury)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifibrotic 400 ug	
Antigout 200 ug	
Antikeshan	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antileukemic 1.6 mg/kg ipr mus	
Antileukotriene	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimaculitic	
Antimelanomic 480 ug/kg	
Antimenopausal 200 ug/day	
Antimetastatic 480 ug/kg	
Antimyalgic 200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoarthritis	
Antioxidant 100-200 (-400) ug/man/day	
Antiparkinsonian 200-400 ug/day	
Antiproliferant 2 uM	
Antiradicular 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antirheumatic	

400 ug/man/day	RESISTANCE. JOHN WILEY & SONS, NEW YORK. 272 pp. \$24.95
Antitumor 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor (Breast) 333.6 ug/day	
Antitumor (Breast) 0.8 mg/kg scu mus	
Antitumor (Breast) 150 ug/kg diet rat	
Antitumor (Breast) 230 ug/kg orl rat	
Antitumor (Lung) 240 ug/kg diet	
Antitumor (Prostate)	
Antitumor (brain) 38-150 ug/kg	
Antiulcerogenic	Rafatullah, S., Tariq, M., Al-Yahya, M.A., Mossa, J.S., and Ageel, A.M. 1989. Evaluation of Turmeric (<i>Curcuma longa</i>) for Gastric and Duodenal Antiulcer Activity in Rats. <i>J. of Ethnopharmacology</i> , 29: 25-34, 1990.
Anxiolytic	
Apoptotic	
Cancer-Preventive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Cardioprotective 200 ug/day	
Depressant	Cooper-Driver, G. A., Chemical substances in plants toxic to animals, pp. 213-47 in Rechcigl, M., Jr., ed. CRC Handbook of Naturally Occurring Food Toxicants, CRC Press, Boca Raton, 1983, 339 pp.
Fungicide	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Immunomodulator	
Immunostimulant 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
NF- κ B-Inhibitor	
Ornithine-Decarboxylase-Inhibitor	
Pesticide	
Polyamine-Synthesis-Inhibitor	
Prostaglandin-Sparer	Fujita, T., Nakatani, E., Funaiishi, N., Sakuma, S., Fujimoto, Y. Potent inhibition of prostaglandin inactivation in rabbit gastric antral mucosal slices by selenium ions in-vitro. <i>J. Pharm. Pharmacol.</i> 42: 655-657, 1990.
Protein-Kinase-C-Inhibitor IC ₅₀ =2-50 μ M	
VEGF-Inhibitor	

SERENOA-POLYPRENOL-2

Fruit -- 5.0 *

SERENOA-POLYPRENOL-3

Fruit -- 35.0 *

SILICON

Fruit 1.0 7.8 -0.58 *

Activities (4)

Antiarteriosclerotic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Antonychotic

Antiosteoporotic

Cardioprotective

SODIUM

Fruit 65.0 495.0 -0.14 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.

Activities (1)

Hypertensive Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

SORBITOL

Fruit -- -- Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.

Activities (11)

Antidiabetic (Insulin-Sparing) 30 g/man/day Martindale's 28th

Antiketotic Merck 11th Edition

Cataractagenic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Cathartic

Diuretic Merck 11th Edition

FLavor FEMA 1,000-280,000 Aloe Research Council - Duke writeup of non-peer review book by Coats and draft by Henry

Humectant Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

Laxative 5-15 g/man/day Martindale's 28th

Laxative 20-50 g/day Martindale's 29th

Purgative 30-50 g/man/day Martindale's 28th

Sweetener 0.6 x sucrose Merck 11th Edition

SPHINGOLIPIDES

Fruit -- -- *

STEARIC-ACID

Seed -- -- *

Activities (8)

5-Alpha-Reductase-Inhibitor	
Cosmetic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
FLavor FEMA 2-4,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. <i>CRC Handbook of Lipids in Human Nutrition.</i> CRC Press. Boca Raton, FL. 233 pp.)
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Perfumery	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Propecic	
Suppository	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.

STEARIC-ACID

Fruit 720.0 2305.0 -0.13 *

Activities (8)

5-Alpha-Reductase-Inhibitor	
Cosmetic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
FLavor FEMA 2-4,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. <i>CRC Handbook of Lipids in Human Nutrition.</i> CRC Press. Boca Raton, FL. 233 pp.)
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Perfumery	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Propecic	
Suppository	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.

STEROLS

Mesocarp -- -- *

STEROLS

Exocarp -- -- *

STIGMASTEROL

Fruit 12.0 38.0 -0.65 *

Activities (12)

Antihepatotoxic	
Antiinflammatory	Lawrence Review of Natural Products, 1995
Antinociceptive	
Antiophidic 2.3 mg ipr mus	Economic & Medicinal Plant Research, 5: 363.
Antioxidant IC33=10 uM	
Antiviral	Abid Ali Khan, M.M., Jain, D.C., Bhakuni, R.S., Zaim, M., and Thakur, R.S. 1991. Occurrence of some antiviral sterols in <i>Artemisia annua</i> . <i>Plant Science</i> , 75: 161-165, 1991.
Artemicide LC50=110 ppm	Jung, J.H., Pummangura, S., Chaichantipyuth, c., Patarapanich, C., and McLaughlin, J.L. 1989. <i>Bioactive Constituents of Melodorum fruticosum.</i> <i>Phytochemistry</i> , 29(5): 1667-1670. 1990.
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli.</i> Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Estrogenic	
Hypocholesterolemic	Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture.</i> Plenum Press, New York. 445 pp.
Ovulant	
Sedative	

SUGARS

Fruit 13000.0 100000.0 -0.47 Pedersen, M. 1987. *Nutritional Herbology.* Pederson Publishing. Bountiful, Utah. 377 pp.

SYRINGALDEHYDE

Wood -- -- List, P.H. and Horhammer, L, *Hager's Handbuch der Pharmazeutischen Praxis*, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

Activities (4)

Antiedemic	
Antiinflammatory ED=20 ug/ear	
Antioxidant	
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli.</i> Dougherty Co, Milwaukee, WI, 1990, 399 pp.

SYRINGIC-ACID

Wood -- -- List, P.H. and Horhammer, L, *Hager's Handbuch der Pharmazeutischen Praxis*, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

Activities (6)

Allelopathic

Antioxidant 1/3 BHA

Antiperoxidant IC10-70=100-200
ug/ml

Antiradicular EC50=5.5-8 ug/ml

Ubiquit

Jeffery B. Harborne and H. Baxter, eds. 1983. *Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.* Taylor & Frost, London. 791 pp.

TANNIN

Stem

--

54800.0

-0.51

List, P.H. and Horhammer, L., *Hager's Handbuch der Pharmazeutischen Praxis*, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

Activities (35)

Anthelmintic

AntiHIV

Antibacterial

Anticancer

Anticariogenic

Antidiarrheic

Antidysenteric

Antihepatotoxic

Antihypertensive

Antilipolytic

Antimutagenic

Antinephritic

Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. *Chem. Pharm. Bull.* 38(4): 1049-1052, 1990.

Antiphidic

Economic & Medicinal Plant Research, 5: 363.

Antioxidant
IC50=1.44 ug/ml

Antioxidant 1/3
quercetin

Antiradicular 500
mg/kg/day orl mus

Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. *Chem. Pharm. Bull.* 38(4): 1049-1052, 1990.

Antiradicular 1/3
quercetin

Antirenitic

Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. *Chem. Pharm. Bull.* 38(4): 1049-1052, 1990.

Antitumor

Antitumor-Promoter

Antiulcer

Antiviral

Cancer-Preventive *HerbalGram No. 22 - Spring 1990*, page 14.

Carcinogenic

Chelator

Cyclooxygenase-
Inhibitor

Glucosyl-
Transferase-Inhibitor

Hepatoprotective

Immunosuppressant

Lipoxygenase-
Inhibitor

MAO-Inhibitor

Ornithine-
Decarboxylase-
Inhibitor

Pesticide

Psychotropic

Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. *Chem. Pharm. Bull.* 38(4): 1049-1052, 1990.

Xanthine-Oxidase-
Inhibitor

TANNIN

Root

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75800.0

-0.02

List, P.H. and Horhammer, L., *Hager's Handbuch der Pharmazeutischen Praxis*, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

Activities (35)

Anthelmintic

AntiHIV

Antibacterial

Anticancer

Anticariogenic

Antidiarrheic

Antidysenteric

Antihepatotoxic

Antihypertensive

Antimutagenic	
Antinephritic	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. <i>Chem. Pharm. Bull.</i> 38(4): 1049-1052, 1990.
Antiophidic	Economic & Medicinal Plant Research, 5: 363.
Antioxidant IC50=1.44 ug/ml	
Antioxidant 1/3 quercetin	
Antiradicular 500 mg/kg/day orl mus	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. <i>Chem. Pharm. Bull.</i> 38(4): 1049-1052, 1990.
Antiradicular 1/3 quercetin	
Antirenitic	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. <i>Chem. Pharm. Bull.</i> 38(4): 1049-1052, 1990.
Antitumor	
Antitumor-Promoter	
Antiulcer	
Antiviral	
Cancer-Preventive	HerbalGram No. 22 - Spring 1990, page 14.
Carcinogenic	
Chelator	
Cyclooxygenase- Inhibitor	
Glucosyl- Transferase-Inhibitor	
Hepatoprotective	
Immunosuppressant	
Lipoxygenase- Inhibitor	
MAO-Inhibitor	
Ornithine- Decarboxylase- Inhibitor	
Pesticide	
Psychotropic	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. <i>Chem. Pharm. Bull.</i> 38(4): 1049-1052, 1990.
Xanthine-Oxidase- Inhibitor	

TETRACOSANOL	Fruit	1.6	5.0	*	
THIAMIN	Fruit	0.6	5.0	-0.04	Pedersen, M. 1987. <i>Nutritional Herbology</i> . Pederson Publishing. Bountiful, Utah. 377 pp.

Activities (31)

Analgesic 1-4 g/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
AntiLyme 50 mg	
Antialcoholic 50-100 mg/day	
Antialzheimeran 100-3,000 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antianorectic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Antibackache 1-4 g/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiberiberi	
Anticanker	
Anticardiospastic	
Anticataract	
Anticolitic	
Antidecubitic	
Antideliriant	
Antidementia	
Antidyspeptic	
Antinecephalopathic	Martindale's 29th
Antifatigue	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Antigastritic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Antihangover 50 mg	
Antiheartburn	
Antiherpetic	
Antimigraine	
Antimyocarditic	
Antineurralgic 1-4 g/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antineurasthenic	
Antineuritic	

Antipoliomyelic

Insectifuge 75-150 mg/man/day Martindale's 28th

Neuroprotective

Pesticide

THIAMINE	Fruit	0.7	5.0	0.73	*
TRIACONTAN-1-OL	Fruit	--	--	--	*
Activities (1)					
Hormonal Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.					
TRICONTANOL	Fruit	13.0	42.0	--	*
TRIDECANOIC-ACID	Fruit	--	--	--	*
Activities (2)					
Antioxidant IC85=60					
Perfumery	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
UNDECANOIC-ACID	Fruit	--	--	--	*
URONIC-ACID	Plant	--	--	--	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
VANILLIC-ACID	Wood	--	--	--	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Activities (24)					
Aldose-Reductase-Inhibitor 100 uM/l					
Allelopathic					
Anthelmintic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antibacterial 1.5-15 mg/ml	Recio, M. C., Rios, J. L., and Villar, A. A review of some antimicrobial compounds isolated from medicinal plants reported in the literature 1978-1988, Phytotherapy Research, 3(4), 1989, 117-125.				
Anticancer					
Antifatigue					
Antiinflammatory	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antileukemic IC50=25-56 ug/ml	Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. Am J Chin Med, 31(1):37-46.				
Antioxidant IC21=30 ppm					
Antioxidant 1/3 BHA					
Antiperoxidant IC15-65=100-200 ug/ml					
Antiradicular 7 x quercetin					
Antiseptic					
Antisickling	Planta Medica, 56(6): 681, 1990.				
Antitumor					
Antitumor-Promoter					
Ascaricide					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Choleretic					
Fungicide					
Immunosuppressant					
Laxative	=ICMR(Indian Council of Medical Research).1976.Medicinal Plants of India.Vol.1.Indian Council of Med. Res.Cambridge Printing Works, New Delhi.487 pp;ICMR.1987.Medicinal Plants of India.Vol.2.Indian Council of Med. Res.Cambr. Printing Works,New Delhi.600pp				
Pesticide					
Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
VANILLIN	Wood	--	--	--	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Activities (28)					
Allelochemic IC50=4.26 mM	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.				
Allergenic					
Antianemic					

Antidrepanocytic	
Antiescherichic 10-100 mmol/l	
Antilactobacillic 10-100 mmol/l	
Antilisteria	
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antioxidant #NAME?	
Antipolio	Economic & Medicinal Plant Research, 5: 194.
Antiradicular 7 x quercetin	
Antisickling	
Antitumor	
Antitumor-Promoter	
Antiviral	Economic & Medicinal Plant Research, 5: 194.
Antiyeast 8-30 mM	
Bacteristat 10-40 mmol/l	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide 8-20 mM	Rinzler, C. A. 1990. The Complete Book of Herbs, Spices and Condiments. Facts on File, New York. 199 pp.
Choleretic	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
FLavor FEMA 50-20,000	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Fungicide	
Immunosuppressant	
Insectifuge?	Martindale's 28th
Irritant	
Perfumery	
Pesticide	

WATER	Fruit	--	870000.0	0.43	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
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XYLOSE	Fruit	--	--	*	
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Activities (3)

Antidiabetic	
Diagnostic	Martindale's 28th
Dye	Merck 11th Edition

ZINC	Fruit	0.7	5.2	-0.76	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
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Activities (77)

ACE-Inhibitor	
Analgesic	
AntiBPH 25-60 mg/day	
AntiCrohn's	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
AntiHIV	
Antiacne 135 mg/day	
Antiacrodermatitic 8-34 mg/day/orl/chd	Martindale's 29th
Antialcoholic	
Antialopeptic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antialzheimeran 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiangiogenic	
Antianorexic	Martindale's 29th
Antiarthritic 50 mg/3x/day/orl/man	
Anticanker 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticataract 30 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticoeliac	Martindale's 28th
Anticold 50 mg	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticolic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticorony 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidandruff	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidementia	
Antidiabetic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidote (Cadmium)	Let's Live, May 1989.

Antieczemic 150 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antinecephalopathic	Martindale's 29th
Antiepileptic 100 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antifibrotic 30 mg	Martindale's 28th
Antifuruncular 45 mg/3x/day/man	Martindale's 28th
Antihangover 15 mg	
Antiherpetic? 25-60 mg/day	
Antiimpotence	Martindale's 29th
Antiinfective 50 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiinfertility 60 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antilepric	Martindale's 29th
Antileukonychic	
Antilymphomeric	
Antimaculitic	
Antimetastatic	
Antineuropathic	
Antinyctalopic	
Antiobesity 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antosteoporotic	
Antiperiodontitic	
Antiplaque	Martindale's 29th
Antiprolactin	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiprostatic 50 mg/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antirheumatic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antiseptic 50 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antispase-Tire 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antistomatitic 50 mg/man/3x/day	Martindale's 28th
Antisyndrome-X 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antitinnitic 60-120 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antitriglyceride 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antiulcer 50 mg/3x/day/man	Martindale's 28th
Antiulcer 88 mg/rat/day/15 days	
Antiviral?	Martindale's 29th
Astringent	Martindale's 28th
Collagenic	
Copper-Antagonist	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Deodorant	Martindale's 29th
Detoxicant (Alcohol)	
Ergogenic	
Hypotensive 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Immunomodulator	
Immunostimulant	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Immunosuppressant 300 mg/day/6 wks/orl/man	Martindale's 29th
Insulinogenic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Leptogenic 30-60 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Mucogenic	Li, K.M. Effect of zinc sulphate on acetic acid-induced gastric ulceration in rats. <i>J. Pharm. Pharmacol.</i> 42: 657-659, 1990.
NF-kB-Inhibitor	
Pesticide	
Spermigenic 60 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Testosteronogenic 60 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Trichomonicide	Martindale's 29th
Vulnerary	Martindale's 28th